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February 17, 2011

Mr. Steve Palmer
Committee Clerk
Labor and Public Employees Committee
State of Connecticut
Room 3800, Legislative Office Building
Hartford, CT 06106

Dear Mr. Palmer:

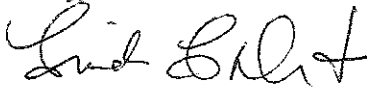
Thank you for the opportunity to provide feedback in support of Connecticut House Bill 5464, an act concerning state employees and violence and bullying in the workplace.

I am a victim of workplace bullying with devastating consequences. My perpetrator was my boss who engaged in many of the psychologically abusive and hostile behaviors described so accurately by the abundant literature on this topic. I suffered ongoing verbal abuse, public humiliation, character assassination, sabotage, and threats to my job. When I finally got the courage to ask for help from my Human Resources Department, I was fired.

I am a 57-year old well-educated, talented and professional woman who has worked successfully since the age of 15. I have always been strong, confident, and self-assured, and yet, for the first time in my life, this experience dropped me to my knees. When I finally went to a psychiatrist for help, I was diagnosed with depression and post-traumatic stress disorder. With the help of medication, therapy, and the many organizations dedicated to helping people with this issue, I can call myself a survivor. Although I have no scars from bruises or broken bones, my scars are as deep and real as anyone who has been physically abused.

I am here today to fully support this bill and hope that one day all organizations in this great State of Connecticut will be held to a higher standard regarding workplace bullying issues. I look forward to that day.

Sincerely,



Linda L. Denton